A STUDY OF HYGIENE PRACTICES AMONG ADOLESCENT GIRLS & THEIR IMPACT ON HEALTH

(NAMKUM, ANGARA, TATISILWAI IN RANCHI DISTRICT)

A

SYNOPSIS/ RESEARCH PROPOSAL

FOR

THE DEGREE

OF

DOCTOR OF PHILOSOPHY

HOME SCIENCE (FACULTY OF SOCAL SCIENCE)

RANCHI UNIVERSITY

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State of Art

Adolescence categorized in the age group of 10-19 years according to the world health organization (WHO) Adolescents face unique health challenges, making effective hygiene education crucial for their overall well-being. Proper menstrual hygiene management is vital for girls, as inadequate practices can lead to reproductive health issues and infections. Educational programs can help reduce stigma and improve practices. Community interventions have shown that educating adolescents about hand hygiene significantly reduces the risk of infectious diseases. Community-based programs have shown increased awareness and adherence to hygiene practices, suggesting long-term health benefits. Parental involvement is also essential for enhancing the effectiveness of hygiene practices among adolescents. However, it is crucial to consider cultural and social barriers that may hinder effective hygiene management. Addressing these barriers through comprehensive education and community support can further enhance health outcomes for adolescents. These barriers through comprehensive education and community support can significantly improve the health outcomes for adolescents.[1]

Adolescent health in India is often poorly taught, causing inferior health among Indian women. This is due to the prejudiced view of girls and women compared to boys and men. Adolescence is a crucial period for physical and mental growth, affecting an individual's physical and mental status. Studies show that Indian adolescent girls and boys in rural and urban areas are poorly informed about archenemy-related issues, sexuality, and child birth. Mainly they focus on girls' knowledge about menstrual hygiene, puberty difficulties, hygiene knowledge, school toilet facilities, and dietary knowledge. Adolescent girls in India are sensitive groups that require more study. They should be given prominence by health researchers, educated communities, teachers, reform groups, health departments, and the media. The health and hygiene awareness of adolescent girls and the factors influencing their readiness for adulthood. It identifies the lack of proper information about teenage issues and how sharing knowledge is inhibited. And also explores the need for greater awareness of modern health practices, improved diet, and sound hygiene. The females in certain regions are insufficiently aware of health issues, sexual education, hygiene, and diet. Providing appropriate guidance to adolescent girls could reduce the need to address these health issues later in life.[2]

Menstrual hygiene is a critical issue in poor nations like India, especially in light of the Millennium Development Goals (MDGs). It is frequently perceived as unclean or unpleasant, and women's awareness and knowledge of menstruation might influence their reactions during the menstrual

cycle Misconceptions and habits about menstruation might have negative health consequences. Menstrual hygiene measures are especially important, given the increased vulnerability to reproductive tract infections (RTI). The link between socioeconomic level, menstrual hygiene habits, and RTI is clear. Women who understand menstrual hygiene and protective practices are less susceptible to RTI and its repercussions. Increased knowledge about menstruation beginning in childhood can help millions of women suffer less. [3]

Menstruation is a significant event in a girl's life and the beginning of reproductive life. Many girls lack knowledge about menstruation due to its lack of frequent discussion in homes. Good menstrual hygiene is crucial for education, health, and dignity of girls and women. Poor personal sanitary practices during menstruation can lead to serious health issues like genital tract infections, urinary tract infections, and bad odor. Learning about menstrual hygiene is vital for health education and preventing long-term health issues like premature births, stillbirths, miscarriages, infertility problems, toxic shock syndrome, and carcinoma cervix. There is a difference in prior awareness about menstruation and menstrual hygiene among rural and urban adolescent girls.[4]

Review of Literature

Menstruation is frequently thought of as filthy in Indian society, with isolation and family limitations exacerbating the unfavorable perception. There is a considerable awareness gap concerning menstruation among adolescent girls, and appropriate hygienic practices including using sanitary pads and cleaning the vaginal area are vital. Menstrual hygiene and management contribute to achieving the Millennium Development Goals of universal education, gender equality, and women's empowerment. A 2011 survey of 387 school-aged girls discovered that only 36.95% were aware of menstruation before menstrual, with the majority relying on their moms for knowledge. More than three-quarters of the girls had no idea why and where they were bleeding. Most girls were aware of the use of sanitary pads, and the average age of menstruation was 12.85 ± 0.867 years. [1]

Menstruation is often seen as unclean in Indian society, with isolation and family restrictions reinforcing a negative attitude towards it. Also assess the knowledge and practices of menstrual hygiene among rural and urban school-going adolescents. It involved 387 girls from the Rural Health Unit and Training Centre in Nagpur district. The results showed that only 36.95% of the girls were aware of menstruation before menarche, with the majority relying on their mothers for information. Over three-fourths of the girls were not aware of the cause and source of bleeding. Most had knowledge about the use of sanitary pads. The mean age of menarche was 13.17 years, with 76.4% having no knowledge about menstruation before menarche. 48.6% used only sanitary pads as the absorbent material. There was a significant association between the absorbent material used and the socio-economic status of the family. The study concluded that there is a need for accurate information about menstruation and its effective management, and that restrictions imposed on girls during menstruation should be understood and dealt with properly. [2]

Adolescent girls in India face significant health issues due to socio-economic, environmental, and cultural conditions, as well as gender discrimination. Unhygienic practices during menstruation can expose them to Reproductive Tract Infections (RTI), which can lead to disabilities and affect their lives. A study conducted in two inter colleges found a strong association between poor menstrual hygiene and RTI. It also recommends raising awareness about menstruation and its linkages with reproductive health for girls.[3]

The study investigated menstrual hygiene practices among female secondary school students in Udenu LGA of Enugu State, Africa. The research focused on the impact of WASH interventions on girls' attendance and absenteeism. The study found that female secondary school students had moderate menstrual hygiene practices (59.0%), with high levels (75.4%) observed in students aged 15-19. The study recommends health educators to organize seminars and workshops on menstrual hygiene practices and promote maternal education as part of government-level public health policy to prevent related health issues.[4]

A study conducted among 160 adolescent girls in Singur, West Bengal, found that despite being aware of menstruation, they are often unaware of its scientific facts and hygienic practices. The majority (67.5%) believed it as a physiological process, with only 11.25% using sanitary pads. It also suggests that menstrual hygiene is a crucial aspect of health education for adolescent girls, and that educational programs, trained health personnel, motivated teachers, and knowledgeable parents can help spread the message of proper menstrual hygiene.[5]

Problem to be investigated

Problem to be investigated in this research various difficulties are faced by the adolescent girls due to inadequacy of knowledge, socio-cultural restrictions, unavailable or inaccessible facilities. Poor menstrual hygiene practice can also lead to various types of health issues like reproductive health problem, urinary tract infections. Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infection which can result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush.

Objectives:

- To study the current hygiene practices among adolescent girl.
- To study the impact of hygiene practices on the physical health of adolescent girls.
- To study the level of awareness & knowledge about hygiene practices among adolescent girls.

Motivation of research:

- **Adolescent health impact**- Lack of hygiene practices can lead to various health related problems including reproductive and urinary tract infection, pelvic inflammatory disease, etching or rashes, bad odor, the study to help prevent these problems it's important to teach adolescent girl about menstruation and proper hygiene practices.
- **Knowledge on female hygiene**-In India the culture of silence has dominated our society attached to menstrual hygiene practices .for girls, the adolescent period is a time of transition from childhood to adulthood or womanhood and it's a critical period if identity formation young girls are not aware of menstruation because they are not educated about menstruation.

Research question

- 1. What are the common hygiene practices among adolescent girls?
- 2. How do different hygiene practices affect the physical health of adolescent girls?
- 3. What is the level of awareness & knowledge about hygiene practices among adolescent girl?

RESEARCH DESIGNE AND METHODOLOGY

Source of data:

Primary data- Data will be collected from adolescent girl school of namkum tatisilwai angara area of ranchi district Hansraaj badhwa ucch vidyalay , namkum ranchi, . Kasturba ucch vidyalay kharsidaag, namkum ranchi, Utkamit ucch vidyalay rajadera ,angra ranchi Ucch vidyalay tatisilwai , namkum ranchi

Method of sampling- The method employed is purposive sampling as a population of adolescent girl of age 10-19 years are considered. The sample from this population is selected by purpusiv sampling.

Area of research-This research will be carried out in Namkum, Taisilwai, Angara Area of Ranchi district. Hansraaj badhwa ucch vidyalay , namkum ranchi -50 sampal

Kasturba ucch vidyalay kharsidaag, namkum ranchi-50 sampal

Ucch vidyalay rajadera ,angra ranchi -50 sampal

Ucch vidyalay tatisilwai , namkum ranchi 50 sampal

Respondent- Respondent will be adolescents girls.

Sample size- 200 adolescents girls of age 11-19 years will be included in the study.

DATA PROCES & ANALYSIS

- Data will be analyzed by using various statistical software or qualitative analysis software of analysis
- Ensure accurate and consistent data entry to avoid errors in analysis.
- Tables and graphs: Use table, chart ,and graphs to visually present quantitative findings.

TOOLS AND TECHNIQUE OF DATA COLLECTION

Data will be collected by using these primary method :

Schedule – Schedule will be constructed together qualitative data on participant's knowledge, attitude and behavior regarding hygiene practices

Likert scale - to check the level of awareness

Variables to be used for data collection :

- **DEPENDENT VARIBLE :**
    - Height
    - Weight
    - BMI
    - Overall physical health(urinary, skin infection. Menstrual Health issues)
- **INDIPENDENT VARIABLE:**
    - Age
    - Dietary pattern
    - Hygiene practices
    - Knowledge and awareness
    - Cultural belief & practices
    - Asses to hygiene facilities

Significance of the study

Knowledge and awareness- many adolescent girls lack of sufficient knowledge about menstrual hygiene, with studies .educational intervention have proven, significantly improving knowledge and practices regarding menstrual hygiene,

Socio-Cultural Influences- Cultural and socio- economic factors heavily influence menstrual hygiene practice. 46%of pre menarche girls had not received any information about menstruation Challenges such as inadequate facilities further complicate hygiene management.

Health Implications-Poor menstrual hygiene is linked to increased morbidity, including reproductive tract infection .Continuous education and advocacy for better menstrual hygiene management are essential to mitigate these risks.

Relevance to present day study-

The relevance of hygiene practices among adolescent today is underscored by various studies highlighting the critical need for effective education and intervention .these studies reveal significant gaps in knowledge and practice, particularly concerning menstrual hygiene, which is essential for overall health of adolescent girl.

Contribution to existing knowledge

The exiting knowledge about hygiene practices among adolescent girl reveal significant gaps and variation influenced by socio-cultural and educational factors. Research indicates that while

some girls possess adequate knowledge of menstrual hygiene, many still engage in unhygienic practices due to misconceptions and lack of education .Despite some improvements in knowledge, the persistence of myths and inadequate practices underscore the need for comprehensive educational programs tailored to diverse cultural contexts.

Several avenues for future research could be:

Educational Interventions

- Implement comprehensive educational programs in schools to increase awareness about menstrual hygiene , addressing cultural stigmas and misconceptions
- Utilize media campaigns to disseminate information on proper hygiene practices and available resources

Infrastructure Improvements

- Enhance access to adequate wash facilities ,including privet apace for changing absorbents and proper deposal mechanisms .
- Ensure a consistent supply of sanitary products in underserved areas like refugee camps.

Community Engagement

- Foster community- wide sensitization initiatives to address socio-cultural barriers that hinder effective menstrual hygiene practices.
- Involve parents and community leaders in discussion to promote supportive environments for adolescents girls during menstruation

Limitation of study-

- ❖ The study is only limited to schools of namkum, tatisilwai, angara .
- ❖ The study limited only with 200 respondent of girl.
- ❖ The age of girl will be 11-19 years

Chapterisation

1. Introduction
2. Review of literature
3. Research design and methodology
4. Results and discussion
5. Conclusion and suggestion
6. References

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